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Tuesday, August 8, 2017 metro.us | t: [MetroNewYork](#) | f: [MetroNewYork](#)



Ready for
the solar
eclipse. 18

TAX THE RICH

If passed, the first-ever such tax in MTA history is proposed to fund capital improvements and lower fares for some. 4

Who will be the Mets'
next manager? 22

RING YOUR REP

A Manhattan hotel is helping its guests get politically active and have their voices heard in a stylish way. 6



WELCOME TO METRO.US!



MICHAEL MARTIN

Even though he's always tweeting against fake news, President Trump retweeted a post from a fake Twitter bot, spewing pro-Trump sentiments to sell T-shirts. Find out more at metro.us/president-trump.

PREET BHARARA LAUNCHES PODCAST

I Preet Bharara, the former U.S. Attorney in Manhattan who became a scourge of Wall Street wrongdoers before President Donald Trump fired him in March, will soon have a new outlet to voice his criticism of the White House: a podcast. He is launching the weekly show "Stay Tuned with Preet," in partnership with WNYC Studios. The podcast will be produced by Some Spider Studios, a media company owned

by Bharara's brother, Vinit, where Preet became an executive vice president earlier this year. The podcast's title is a nod to one of Bharara's favorite responses when he was asked at news conferences about ongoing investigations. Bharara "will offer commentary on our judicial, political and cultural systems," according to a release from Cafe, Some Spider's news and entertainment website.

TILLERSON: US CAN TALK TO N. KOREA IF TESTS STOP

2 Secretary of State Rex Tillerson held a door open for dialogue with North Korea on Monday, saying Washington was willing to talk to Pyongyang if it halted a series of recent missile test launches. Tillerson's comments, made at a regional security forum in Manila, were the latest U.S. attempt to rein in Pyongyang's nuclear and missile program after months of tough talk from



President Donald Trump. The U.N. Security Council on Saturday imposed its toughest round of sanctions yet against Pyongyang over its two intercontinental ballistic missile tests in July. But Tillerson appeared more conciliatory on Monday.



DUCK CROSSING

3 A farmer looks after ducks in a pond in China's Jiuxi Village of Siyong Township in Rongshui Miao Autonomous County of Liuzhou, on Monday. Fifteen duck breeding cooperatives were founded in Rongshui to help more than 2,300 poverty households increase their incomes. GETTY IMAGES

5
THINGS YOU
NEED TO KNOW

SWIFT WATCHES JURY SELECTION FOR TRIAL

4 Taylor Swift sat next to her lawyers at a federal courthouse in Denver as jury selection began for a trial pitting the pop star against a Colorado radio personality over allegations the former DJ fondled her four years ago during a photo shoot. Swift, 27, one of the top-selling U.S. singers, wore a black jacket and white top in court as she watched the proceedings. She is expected to take the stand during



the trial in U.S. District Court to testify about the incident, which resulted in broadcaster David Mueller's firing from Colorado music station KYGO-FM. The litigation centers on Swift's allegations that Mueller slipped his hand under her dress and grabbed her bare bottom as they posed during a meet-and-greet session before her June 2, 2013, concert in Denver.

NETFLIX BUYS COMIC BOOK PUBLISHER

5 Video streaming company Netflix Inc. said on Monday it bought comic book publisher Millarworld, home to titles such as "Kick-Ass" and "Kingsman," in its first ever acquisition. Millarworld, run by Scottish writer Mark Millar with his wife Lucy, will give Netflix a host of character franchises with which to develop films, TV series and children's shows. Millarworld has developed

three of its franchises — "Wanted," "Kick-Ass" and "Kingsman" — into films that have garnered nearly \$1 billion in the global box office. The deal comes as Netflix spends billions of dollars on content to win new subscribers in a quest to become the world's top movie and TV streaming service. The company did not disclose the terms of the acquisition.

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'It's about time' for millionaires' tax to fix subway: De Blasio

If passed, the first-ever such tax in MTA history is proposed to fund capital improvements and cheaper fares for low-income straphangers.



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When it comes to fixing the city's aged subway system, Mayor Bill de Blasio is looking to the wealthiest residents to chip in for the greater good of all New Yorkers.

"It's time for fairness when it comes to supporting the MTA. That is why I am calling on Albany to pass a millionaires' tax to support the MTA," the mayor said at a news conference at Brooklyn Borough Hall on Monday, the day after he first announced the plan. "This would be the first millionaires' tax in MTA history — and it's about time."

Continuing the back-

and-forth between City Hall and Albany, the latter of which has overseen the beleaguered MTA since 1981, de Blasio again called on the state to take "fuller responsibility" for the agency in crisis.

Over the past several months, straphangers have faced countless delays and service problems, from being stranded underground to derailments and fires, all of which caused system-wide havoc.

Calling it a "human crisis" as well as a subway crisis, de Blasio said the millionaires' tax would call on "New Yorkers who typically travel in first class to pay their fair share so the rest of us can get around, so the rest of us can get to work, so the rest of us can live our lives in this city."

If the legislation is approved, the "modest increase" in state income tax would affect New Yorkers who make \$500,000 or more annually. "That means fewer than 1 percent of New York City taxpayers," de

"It's time for fairness when it comes to supporting the MTA. That is why I am calling on Albany to pass a millionaires' tax to support the MTA."

Mayor Bill de Blasio

Blasio said, adding, "For an individual making \$1 million, that individual will pay about \$2,700 more in taxes, about \$7 a day."

The mayor said the bill, which he expects to raise \$700,000 million annually, would exclusively be dedicated to the MTA.

"There are only two proper uses for this money — it cannot be divert-

ed," de Blasio said.

While the bulk of funds would go toward system improvements, \$250,000 million per year would go to fair fares for those straphangers who need them. "That means half-price MetroCards for 800,000 New Yorkers who are at or below the poverty line," de Blasio said. "It's time for a millionaires' tax. It's time for some basic fairness, and that's what we aim to achieve."

John Raskin, executive director of Riders Alliance, praised the proposed tax.

"A millionaires' tax would require some New Yorkers to pay, but the status quo requires literally millions of New Yorkers to pay in the form of lost wages, missed work and days ruined by breakdowns and delays," Raskin said in a statement. "It's fair to ask the New Yorkers who benefit the most from our city's prosperity to pay a little more to repair the infrastructure that the entire economy relies on."



Mayor Bill de Blasio
ILLUSTRATION BY BILLY BECERRA,
C. WILHELM/GETTY IMAGES

WHY NOT REOPEN CLOSED STATION ENTRANCES AND PASSAGEWAYS?

LARRY PENNER

Analysis

Larry Penner is a transportation historian and advocate who previously worked 31 years for the U.S. Department of Transportation Federal Transit Administration Region 2 NY Office.



With record NYC subway and Long Island Rail Road ridership, it is time to revisit the closed entrances and passageways to numerous stations

over the past decades. According to a 2015 NYC Citizens Budget Commission report, it will take until 2067 for all 471 NYC subway stations to reach a state of good repair. This could include providing funding to reopen many of the 119 subway station entrances and passageways closed during the late 1970s. This decision was based on a combination of declining ridership, along with security and safety concerns. There is little funding under the NYC Transit Capital Stations Program contained within the \$32 billion MTA 2015-2019 Five Year Capital Program to support this work.

Until the early 1980s, both LIRR and New Jersey riders exiting east at Penn Station had a direct underground passageway known as the Hilton Corridor. It was also known as the



Penn Station is connected to Herald Square by a disused tunnel. GETTY IMAGES

Gimbels passageway. Gimbels was Macy's chief competitor at Herald Square. This provided a simple indoor connection to the 34th Street Herald Square IND and BMT subways, along with the Port Authority Trans

Hudson (PATH) station complex.

Further, there was an underground passageway along Sixth Avenue which went as far north as 42nd Street. As a teenager, I remember avoid-

ing this indoor path. It would provide easy access to both the New York Public Library main branch and Stern's 42nd Street department store.

Both passageways were closed many decades ago by NYC Transit and the LIRR, due to security issues. If reopened today, commuters would have easy connections to the Broadway N, R, Q and W and Sixth Avenue B, D, F and M subway lines, along with the PATH system — rather than walking outside on the street exposed to both inclement weather and heavy vehicular traffic. By using either the subway or walking, riders would have direct access via these subway lines to Manhattan's Midtown and East Side along with the Broadway, Sixth Avenue, 42nd, 53rd, 59th or 63rd Street corridors, served by numerous subway lines and stations.

This connection could probably be restored in several years for less than the cost of one individual MTA East Side Access construction contract or several of the larger construction contract change orders. Vornado Realty Trust estimated that the cost for reopening this 800-foot indoor corridor would be under \$150 million dollars. The Vornado Trust developers' proposal to reopen and widen it (at some points, it narrows to 9 feet) for \$50 million. Converting the total length to 15-foot wide could cost up to another \$100 million.

Why wait for the \$10.8 billion MTA LIRR East Side Access to Grand Central Terminal to start service in December 2023, when you could provide the same Midtown east access for less than \$150 million by 2020?

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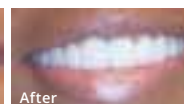
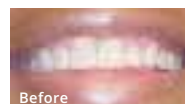
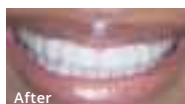
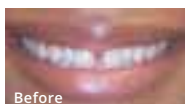
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The instructions inside the "Ring Your Rep" phone booth. NIKKI M. MASCALI

'Ring Your Rep' booth at The Standard direct-dials DC

"We wanted to empower our guests and community with the proper tools and a platform to make their voices heard on important issues — whatever they may be."



NIKKI M. MASCALI
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If you've been striving to make your voice heard since Election Day and want to do more, The Standard hotel is offering a lifeline.

The Meatpacking District destination on Thursday introduced a "Ring Your Rep" phone booth that not only is retro chic, but gives guests, staff and members of the public a direct line to the U.S. Capitol switchboard to be connected to their local representative.

The booth will be outside The Standard's entrance on 13th Street, just below the High Line, "indefinitely," Corey Tuttle, vice president of marketing and communications said. And if you want to say something, but don't know what or how, there's a provided script for that.

How did the "Ring Your Rep" booth come about?
We conceptualized "Ring Your Rep" over the past few months as we've seen firsthand how calling your representatives is one of the best ways to get involved and actually make a difference. We wanted to empower our guests and community with the proper tools and a platform to make their voices heard on important issues — whatever they may be.

How has reaction been?
We've seen so much engagement already on social media and in the booth — it's really exciting to see!

How did you decide to include the handy-dandy script for those who aren't sure what to say?
For a lot of people who want to get involved, the first step is learning how. By giving a step-by-step process, people can discover how easy it is to make their voice heard.

What is the main takeaway you hope the public has with the "Ring Your Rep" booth?
We hope that guests will take this resource and knowledge and engage with their representatives whether they are at our properties or not.

What went into the booth's creation?
We have an amazing in-house design team that found an old, unused phone booth and had it refabricated for Ring Your Rep.

Has The Standard ever taken political action like this before?

We saw a groundswell of engagement with political and social issues among our staff, our guests and our community following the election. As a brand that values diversity and self-expression, we decided to utilize our platforms and our venues as a place for those people to get involved and be heard.

We designated a section of our editorial website to covering people within our community doing just that, but through a cultural lens that we as a brand inhabit. Working with artists to use our walls as a canvas for their art. Offering our event spaces to like-minded charities needing space to meet.

Do you plan more moves like this?
Absolutely! We will continue to support and encourage whenever and wherever we can. We hope to have a phone booth at every Standard hotel soon.

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The "Ring Your Rep" booth will be outside the entrance to The Standard "indefinitely," the hotel said. NIKKI M. MASCALI

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For first time in 2 years, a 9/11 World Trade Center victim has been identified

The man, who has not yet been named, is the 1,641st terror victim to be identified from ground zero.



NIKKI M. MASCALI
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The remains are the first to be identified from the 9/11 terror attacks at the World Trade Center in New York in more than two years. GETTY IMAGES

The remains of a victim from the 9/11 attack on the World Trade Center have been identified, a few weeks shy of the tragedy's 16th anniversary, the New York City medical examiner's office announced Monday.

Though the name of the male victim has not been released as of yet, he is the 1,641st victim of the attack to be identified through DNA testing, officials said, according to NBC4.

There were 2,753 people killed when two

hijacked planes struck the World Trade Center's Twin Towers on the morning of Sept. 11, 2001. About 1,112 remains of those victims remain unidentified, the medical examiner's office said.

The man is the first 9/11 victim to be identified since March 2015, when officials announced the identity of Matthew David Yarnell, a 26-year-old resident of Jersey City,

New Jersey, who worked on the 97th floor of the south tower.

Yarnell's remains were discovered during the first round of recovery efforts between 2001 and 2002. The city's medical examiner has been retesting remains that were recovered before May 2002 from ground zero.

In total, the four coordinated Sept. 11 terror attacks killed 2,996 people.

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Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

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Unit Size	Monthly Rent ¹	Units Available		Household Size ²	Annual Household Income ³ (Minimum - Maximum) ⁴
1 bedroom	\$882	41	→	1 person	\$32,709 - \$40,080
				2 people	\$32,709 - \$45,840
2 bedroom	\$1,065	8	→	2 people	\$39,120 - \$45,840
				3 people	\$39,120 - \$51,540
				4 people	\$39,120 - \$57,240
3 bedroom	\$1,224	3	→	3 people	\$45,292 - \$51,540
				4 people	\$45,292 - \$57,240
				5 people	\$45,292 - \$61,860
				6 people	\$45,292 - \$66,420

¹ Tenant pays electricity

² Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

³ Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

⁴ Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: Stone House, 87-14 116th Street, Richmond Hill, NY 11418**. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **October 4th, 2017**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income

Español	Presente una solicitud en línea en nyc.gov/housingconnect . Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: Stone House, 87-14 116th Street, Richmond Hill, NY 11418 En el reverso del sobre, escriba en inglés la palabra "SPANISH."
简体中文	访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至: Stone House, 87-14 116th Street, Richmond Hill, NY 11418 信封背面请用英语注明 "CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 2017 年 10 月 4 日。
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You can stream tens of thousands of movies for free with your NYPL or Brooklyn Public Library cards! **NYPL**

Why do Netflix when you can stream from the library for free?

If you have a Brooklyn or New York Public Library card, you can get access to a mountain of films, including flicks from the Criterion Collection.



KIMBERLY M. AQUILINA
@KimESTAquini
kimberly.aquilina@metro.us

Netflix who?

Back in the day, hitting the library was an event. One would revel in the smell of paper and bindings and swam in unlimited access to CDs and DVDs. After Dewey and his decimals were booted, then came online catalogs. One could request a book, get an email when it's available and go pick it up. Like literary online shopping!

Now, our libraries are on our phones, Kindles and Amazon Fires. Not many of us actually go into a physical library, but thanks to so many extras with the apps, it isn't the library that is obsolete. With free music with Freegal through the Queens Library system or the New York Public Library, forget Spotify. Need more words? The NYPL offers access to 300,000 free e-books.

And for your eyeballs yearning for more movies, Brooklyn Public Library cards might have just blown your Netflix "wanna see" queue to smithereens.

All you need is a Brooklyn Public Library card (or an NYPL card) and an account with streaming service Kanopy, and you have instant access to thousands of films, including hundreds from the Criterion Collection.

Kanopy offers more than 30,000 documentaries, indie films, foreign flicks and classic movies, plus more than 400 Criterion Collection titles.

The Criterion Collection is a sort of international Library of Congress dedicated to "gathering the greatest films from around the world."

"A rep over at Kanopy told us on the phone that NYPL and BPL account holders will have access to 'a majority' of the 30K+ films the service streams," Hannah Frishberg at Brooklyn wrote. "As well, the rep noted that unlike Netflix, there is not too much film turnover over time, and in fact, Kanopy is increasing their database and adding 100 or so new films every month."

You can view up to 10 movies per month with an NYPL card and up to six per month with your Brooklyn card. Films are "on loan" for three days, according to the NYPL.

Brooklyn Public Library cards are free for "anyone that lives, works, pays property taxes or attends school in New York state," while New York Public Library cards are free to "New York City residents and non-residents who work or attend school in NYC."

You can sign up for a library card online, but you have to hit up a branch to upgrade your card and get access to goodies like Kanopy.

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Report claims anti-vaxxers fear vaccines cause autism in their pets

Has Brooklyn seen an uptick in a new type of anti-vaxxer: those who fear their pet will get autism from a vaccine?



KIMBERLY M. AQUILINA
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Rumor has it the anti-vaccine movement in Brooklyn has gone full-blown crazy. Pets are a part

of our families, but are some anti-vaxxers in the borough of hipsters and flagels refusing to vaccinate their pets because they are worried about autism in their animals?

Veterinarians in the most populated borough

in New York said that pet owners are coming to them with concerns about inoculations, including fears that vaccines could make their dogs autistic, the Brooklyn Paper reported last week, generating interest in the topic

that spread online.

Dr. Stephanie Liff, owner and medical director of Pure Paws Veterinary Care in Clinton Hill, who was quoted in the Brooklyn Paper article, told us, "Wow, this story is blowing up."

She also said anxieties from pet owners aren't something new.

"We see pet owners with concerns about vaccines in general, and those concerns range from an extension of the movement of anti-vaccination in children to [concerns regarding] putting chemicals in their dog," Liff explained.

Vaccination protocols are different for pets, and it can be difficult for pet owners to understand the frequency of animal vaccinations versus a human schedule.

Liff said the seeming increase in considerations is most likely due to clients being more educated.

But the big question: Can pets get autism?

"No," Liff said.

When calling veterinary practices, many we spoke to were not familiar with the autism concern for pet owners. Nunu, a technician at Crown Heights Animal Hospital, said, "There is no such thing as autism in dogs," even before the question was done being asked.

The online publication Vaccine Reaction reported autism-like behaviors in dogs but no confirmed cases of canines on the spectrum.

"The criteria for diagnosing a child would be impossible to extrapolate to dogs, and [autism] is not a recognized disease in dogs," Liff added.

"Not proven and likely

will never be proven. ... There is no blood test to date," Dr. Katie Grzyb, medical director at One Love Animal Hospital in Boerum Hill, further explained in an email. "It is difficult to diagnose in humans who can speak and interact with us. So you can imagine how difficult it would be to diagnose in a patient who cannot speak to you and whose behaviors/interactions are limited in most cases. There has NEVER been a diagnosed case of autism in an animal thus far."

Recommended vaccines for canines include distemper, hepatitis and rabies, but the only state-mandated shot is the rabies vaccine. Owners face a fine if their animal is not inoculated against rabies, which can be transmitted to humans.

Another disease canines can pass to humans is a bacterial disease called leptospirosis. Several humans and dogs in the Bronx were infected earlier this year. One person and several dogs died as a result.

"There is a vaccine to protect dogs from leptospirosis, which can lead to renal or liver failure if left untreated," Grzyb wrote. "It is transmitted via infected urine of animals [such as rodents]. ... Thus, though is not considered a core vaccine, we are recommending that owners protect their pets via vaccination."

Regardless of how scientifically knowledgeable (or not) her clients are, Liff said her job is to validate any concerns of her pet parents (anti-vaxxers included), but her attention is focused on doing what is best for the pet.

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Doggy autism fears among Brooklyn pet parents could mean more diseases transmitted from canines to humans. **ISTOCK**

Pro-Trump TV heading to most American homes, thanks to Trump

His pick to head the FCC opened a loophole to allow a conservative media company to almost double its U.S. reach.



MICHAEL MARTIN
@MetroNewYork
letters@metro.us

Sinclair Broadcasting, a group of TV stations that heavily lean conservative, will expand into a majority of American homes, thanks to Trump's pick to head the Federal Communications Commission.

FCC Chairman Ajit Pai revived a loophole, which was closed by the Obama administration, that will allow Sinclair to buy another group of TV stations and greatly exceed regulations on how many media outlets any one company can own.

Sinclair, the nation's largest TV broadcaster, is known for inserting "must-run" conservative segments into local programming, which clearly favored Trump in the 2016 election. It owns 107 stations covering 38 percent of American homes. Its plans to buy Tribune Broadcasting Group would add 42 stations and expand its reach to 72 percent of American households.

The loophole is known as the "UHF discount," a relic from the era in which TV was accessed only by

antennas and any channel higher than 13 tended to be owned by lower-budget stations with poor reception. UHF stations were not counted in the same proportion as VHF when calculating market share.

The issue, critics say, is that former VHF and UHF stations now appear on the same digital streams. In many markets, local stations only broadcast in digital, not analog.

Tom Wheeler, the Obama-era FCC chairman who closed the loophole last year, decried the measure. "Congress was explicit in black letter saying 39 percent viewership would be the maximum. There was funny math created to allow the count to come up to still be below 39 percent, wink wink."

In December, the Washington Post reported that Sinclair "gave a disproportionate amount of neutral or favorable coverage to Trump during the campaign" while airing negative stories on Hillary Clinton. Sinclair Broadcasting has donated heavily to Republican causes and has inserted itself into presidential elections before: In 2004, Sinclair planned to air a documentary critical of Democratic presidential candidate John Kerry's Vietnam military service. When controversy erupted, the company ultimately ran a news program instead of the documentary on some of its stations.

MANHATTAN

No more private massages for convicted billionaire: US judge

Private massages are one indulgence that Macau real estate developer Ng Lap Seng must forgo as a condition of staying in his luxury Manhattan apartment after being convicted of bribing United Nations officials, a U.S. judge ruled on Monday.

U.S. District Judge Vernon Broderick in Manhattan said at a court hearing that the 69-year-old billionaire could no longer close his bedroom door when his mas-

seuse visits him.

Prosecutors have expressed concern that Ng, whom a jury convicted on July 27 after a four-week trial, would try to escape to China. He has been allowed to live in his apartment under 24-hour guard on bail of \$50 million.

Brendan Finn, a manager at private security firm Guidepost Solutions LLC, which is guarding the apartment, testified at the hearing that the masseuse visits regularly for hours at a time.

Finn also said security guards

had sometimes eaten food that the masseuse cooked. Broderick said they should instead order in.

Broderick also imposed some additional security measures. Besides the open-door policy for massages, he said, all non-family guests will require court approval, and an interpreter must be present to monitor conversations.

Prosecutors said Ng had paid more than \$1 million in bribes to UN officials to gain support for a conference center he wanted to develop in Macau. REUTERS



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Donald Trump's pick to head the FCC has revived a loophole known as the "UHF discount." GETTY IMAGES

Why Knee Arthritis Sufferers Of Almost All Ages Are New York Doc's Merge Best of High Tec

*Fraction of the cost, minimal risk and
Hundreds of arthritis sufferers from tri-state area calling weekly*

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

*"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the **NY Pain MD** in New York City. "The same holds true for treating arthritis pain. I believe we are having so much success at **NY Pain MD** because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

"That depends," said the director. "There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day," added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology*.

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at **NY Pain MD** use advanced imaging technology to apply *Precision Arthritis Targeting* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Precision Arthritis Targeting Technology and did not get good results - this may be why.



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.



Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Knee With Painful Arthritis

Pain -

Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology

Successful Treatment -

Successful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

Choosing Newest Medical Procedures Before Surgery h Medicine And All Natural Treatments

little to no downtime amongst top reasons.

to find out if treatment is right for them...Often covered by insurance.

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the 2 ½ years thousands of knee pain sufferers have flocked to the **NY Pain MD** New York City

That's when their specially trained-doctors added cutting-edge arthritis treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like "joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use "Precision Arthritis Targeting Technology". This allows us to place the Viscosupplementation exactly where it needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time." noted the Director of Center

NY Pain MD is a state of the art medical facility offering the best technology.



Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluoroscopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. **NY Pain MD** uses this P.A.T. Imaging Technology. with each and every treatment.

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can Help You?

If you have knee pain, the **NY Pain MD** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology*.

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Cross Blue Shield & others
*EZ payment plans and financing also available

All you have to do is call 800-885-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at **NY Pain MD** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

Call: 8 0 0 8 8 5 K N E E (5633)

Are You Qualified For Knee Arthritis Screening With NYC Pain MD?

- Do you have pain and osteoarthritis (arthritis) of the knee?
- Have you tried other treatments such as NSAIDS and other anti-inflammatory medications without success?
- Have you already tried viscosupplementation (Hyalgan, Supartz, Synvisc) without satisfactory results?

If you answered yes to any of these questions - give **NY Pain MD** a call and schedule your no obligation knee pain screening

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Anna Faris and Chris Pratt are dunzo



Anna Faris and Chris Pratt announced late Sunday night — while everyone was distracted by “Game of Thrones” — that they are separating. The very PDA-heavy couple have been married for eight entire years and share a 4-year-old son, Jack.

Faris took to Instagram, choosing to use the Messages app over the Notes app, to announce the split.

“We are sad to announce we are legally

separating,” she wrote. “We tried hard for a long time, and we’re really disappointed. ... We still love each other and will always cherish our time together.” Same old, same old, am I right?

Pratt co-signed via Facebook, saying literally the exact same thing. Which begs the question: Why are celebrities even using Facebook for this kind of stuff?

These two really seemed like the perfect couple. It’s just a heavy

reminder that A. looks can be deceiving and B. actors can be deceiving. I mean, it’s their dang job!



Aaron Carter and his GF broke up, too!

Man, oh man. Breakups sure are today’s trend: Aaron Carter has reportedly split from his girlfriend, Madison Parker. The news comes just a day after he came out as bisexual on his Twitter.

The two began dating last year, and a source tells Us Weekly that the breakup is one of those amicable ones. “Aaron is continuing to focus on his personal self with regards to his truth, health and music.” Aw, his truth!



Carter, 29, thanked his fans for their support with a shirtless selfie that showcases his array of questionable tattoos.

“Goodnight world. Your #LøVe and support means everything to me. I adore all my fans. Never forget that.”

That’s not how you spell love, but I forgive you.

News of the split broke hours after Carter took to Twitter to admit that he is attracted to both women and men.

May Carter continue to live his truth. Bless up, my dude. Bless up.

Oh, and Elon Musk & Amber Heard? Done too.

Elon Musk — inventor, rich dude — and Amber Heard — the lady who ruined “Magic Mike,” never forget — are done, probably. Allow me to explain.

A source tells Us Weekly that ultimately, it just came down to timing. Doesn’t it always? “He’s superbusy and works all the time. Amber is filming [“Aquaman”] in Australia until October. She’s in no position to settle with him. She feels her career is just starting.”

Musk had apparently been wooing Heard for a long, long time, to no avail. But she eventually gave in, probably sometime after he “got her a Tesla.” Girl, I don’t blame you.

Anyway, you know what they say about rebounds, kids, I mean, “they,” say nothing. But if I were “they,” I’d say something about how they’re bound to never last.

Get it?



‘Life of Kylie’ is not great

I’m not saying that we here at Metro are fans of Kylie Jenner but — oh, forget it. I’m lukewarm on her. I wish her no ill will. Would I love to no longer be confronted with her visage at every turn on the World Wide Webs? Absolutely. But it doesn’t look like that’s happening any time soon.

Especially with her new show, “Life of Kylie,” having premiered late Sunday night.

The show is supposed to show the

19-year-old at her realest. But from what it sounds like, her “realest” is pretty dang fake. Complex calls it “contrived and formulaic.” Marie Claire says it’s “a contradiction.” Over at Vanity Fair, they’re imagining that “Sofia Coppola [could be] intrigued by the plot line of Kylie Jenner’s life,” which is both a shade and tribute to “Bling Ring.”

So, it’s probably more fun to read reviews of “Life of Kylie” than actually watch “Life of Kylie.”



Live Nina Dobrev's ideal day

How fitness, fashion and fun can be an effortless part of your routine.

ASHLEY SIGNORE
@MetroNewYork
letters@metro.us

Fans of Nina Dobrev know you've gotta hustle if you want to keep up with the actress.

You may know (and worship) her as Elena/Katherine from "The Vampire Diaries," but her latest slay is becoming Reebok and, group fitness empire, Les Mills' newest brand ambassador.

Ever wonder what an A-list celeb's schedule looks like? Let's just say it's not easy to be glamorous. To put my celebrity girl crush devotion to the test, I joined a team of fellow star-struck fitness enthusiasts for a day of sweating the Nina Dobrev way, with plenty of fashion and fun.

It was a busy but perfect day to meet Nina's fitness needs and demanding schedule: activity-filled but short, trendy and effective, work obligations plus downtime with the girls. And that's balance we can all strive for.

Find your right time of day

To peacefully begin the day, Nina had her favorite Les Mills instructors, James Thomas and Julea Cecil, lead a BodyFlow session on the rooftop terrace of Williamsburg's



Reebok's new line works for sweating and brunching.



Sweating on a roof is just how Nina Dobrev rolls. PROVIDED

new 5-month-old rescue dog, William Vale Hotel. Nina's Maverick, playfully joined us too. A yoga class with an adorable pup and skyline views? Name a better duo. I'll wait.

While the BodyFlow class was no breeze, it was a perfect start to the day. Not too intense, this Les Mills exclusive group fitness class blends yoga and pilates to strengthen and relax the mind and body. (Honestly, just what you need at 9 a.m.)

Refresh and reset

Following our BodyFlow fun, (well, fun for everyone else, and struggling through power poses for me), we needed to refuel and recharge.

While shoveling down the best granola and yogurt I've probably ever had (shoutout to Sakara),

we got some Q&A time with Nina and her stylist, Ilaria Urbinati, about her nutrition and fashion secrets when it comes to maintaining her A1 bod.

"After a workout, I love having a protein shake, they're so tasty and easy to make," Nina shared. Her favorite DIY recipe: almond milk blended with ice, ground cinnamon, protein powder and coconut peanut butter from North Shore Goodies.

Because Nina is "constantly running errands," she not only needs a satisfying snack on the go but an outfit she can wear all day after getting in those gains.

No matter how hectic her schedule is, Nina makes it a priority to work out once a day. So, for the days she can't squeeze in a shower, the Reebok x Les Mills leggings wears for both the gym and lunch with her girls.

"I just pair them with a jean jacket or a leather jacket, and it feels like an outfit for my life that I feel great in."

Shake up your workout

Our next stop turned out to be a massive barge in the middle of the Hudson! Les Mills had built a floating studio just for our Grit workout, inspired by Nina's zest for adventure!

While a gym boat is not quite within anyone's budget, we can all benefit from the idea of keeping variety in our workouts — not just in how we sweat but where. It's inspiring and pushes limits beyond our usual endurance.

We were up against just 30 minutes of pure HIIT rawness with lifting, squatting and jumping still that targeted every major muscle group.



Feel the magic yet? DINER EN BLANC 2016; PROVIDED

How to get tickets to Diner en Blanc

Living in New York sometimes loses its luster, whether it's train drama, the weather or rodents competing for our pizza. But it's also generous with reminders of the magic that can happen here.

One of summer's best chances to remember that is Diner en Blanc, the all-white pop-up dinner party returning for its seventh year on Aug. 22. It's impossible not to remember how full of possibility this city is as 5,000 strangers come together, literally bringing the party with them, for a night of dinner and dancing that vanishes once the last note plays.

Since this party has its origins in France — where it's been happening for 29 years — expect a glamorous atmosphere of costumes and elaborate table settings.

All of the magic is created by you, so no showing up with just a bottle of wine. Diners bring their own table, chairs, silverware, plates, decor and beautiful selves; the event has catered meals created by celebrity chef

Todd English, or you can opt to bring your own delicious spread.

New this year, Covergirl is providing a beauty station for last-minute touch-ups, and Evian and Badoit waters are bringing a photobooth to capture your beautiful evening. And expect plenty of bubbly and wines by Champagne Canard-Duchêne and Kenwood Vineyards.

As always, despite our London-esque summer, it will take place under the stars in a sufficiently glamorous outdoor venue. The catch is attendees don't know where the party will take place until an hour before it kicks off at 7 p.m., when they'll receive a text with the location.

Now for the hard part: getting tickets. Previous years' attendees already had their chance; registration opens this week for new members referred by previous years' diners (Aug. 9, 2 p.m.); and the third is for those on the waitlist (Aug. 10, 9 a.m.) Sign up now at newyork.dinerenblanc.com. EVA KIS

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Ready for the solar eclipse

The Great American Eclipse is coming, and there are some great events going on all over the city.

TAYLOR HA
@MetroNewYork
letters@metro.us

While it's felt like Mercury has been in retrograde all year, a legit astronomical phenomenon will occur on Aug. 21.

A solar eclipse is coming, but it's a way bigger deal than usual. The phenomenon — when the moon floats between the sun and Earth and blots out the sun — occurs about every 1½ years.

The one coming up on Aug. 21, which has been dubbed The Great American Eclipse, is unusual because it will be visible throughout North America for the first time since 1918.

In New York, turn your eyes to the sky beginning at 1:23 p.m. and



You'll need special eyewear to watch the eclipse — sunglasses won't do! GETTY IMAGES

4 p.m., with the height of the action happening at 2:44 p.m.

Just because we're only getting a partial eclipse here in NYC, you'll still need to be

prepared with the right equipment like eclipse viewing glasses or handheld solar viewers, or risk permanently damaging your eyesight. (And no, very dark sun-

glasses won't protect you.)

Get ready for the big event by learning more about the science behind the phenomenon, improve your Instas of the eclipse and score freebies, including protective eyewear, at these pre-eclipse events.

Learn how to score the best shot

The eclipse will last less than three minutes, so your window for getting the perfect photo is very small. Get to Adorama, Manhattan's biggest emporium for

all things photography, for an educational talk by Cannon's Ken Sklute about how to safely and creatively capture the eclipse.
Aug. 10, 6-8 p.m.,
42 W. 18th St.

Nerd out about space

Bring on the booze and science with Astronomy on Tap, a group of fun-loving geeks who pair their science with beer at Brooklyn's Way Station bar on Aug. 9. From 7:30 to 10 p.m., Eclipse 101 is in session with trivia and prizes; RSVP on the group's Facebook event page to get free eclipse glasses.
683 Washington Ave.,
Prospect Heights

See the stars at a Brooklyn bar

Drinks, chili dogs and DIY pinhole projector-making? Sorry, kids — the New York Hall of Science's After Dark Field Trip: Solar Eclipse Prep on Aug. 15 is only for those 21 and older. Get to Greenpoint's The Diamond, where astronomy experts will share science tidbits on the upcoming eclipse and help guests view the NYC sky through telescopes from 7:30 to 10 p.m. Good luck seeing the stars.
43 Franklin St.

Earn your way into 2017's biggest show



In today's political climate, activism is what's cool. To reward your good deeds, social service organization Global Citizen is offering a perk to those who want to raise awareness of world issues with free admission to their annual music festival.

Stevie Wonder, Green Day and the Chainsmokers will headline the fest, which returns to Central Park's Great Lawn for its sixth year on Sept. 23.

There is a catch. Although the festival is free, tickets can only be obtained by entering a lottery. For entries, hopeful concert-goers have to earn a certain number of points using tweets, signing petitions and other actions to speak truth to power.

Each action — and you can (and should!) start now, gets you closer to an entry for the chance to win a pair of tickets. (They will be giving out 48,000 free tickets this year.)

If you don't score tickets, no worries; you can watch live on MSNBC, msnbc.com, Twitter and YouTube. ELIZABETH WHITE

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Erin Gore founded the Garden Society to help busy women take the edge off with low-dose cannabis confections.



The Bright Blooms, fruit and herb gelee cubes baked with a hybrid Sativa strain for an energizing, mindful treat. ALL PHOTOS PROVIDED

wellbeing

Erin Gore is making cannabis a women's lifestyle product

The Garden Society is part of the new wave of brands exploring how medical marijuana can be used for health and wellness.



KATE MOONEY
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When Erin Gore first turned to cannabis, it was for the health benefits more than wanting to get stoned. The former collegiate athlete had undergone multiple hip surgeries, and was seeking an alternative from the opiates doctors had prescribed, so she began to explore how medical cannabis could treat her pain.

Fast forward a few years later, the Sonoma, California, resident was running a hundred million dollar global business and feeling stressed out. Traveling internationally constantly for work, she was also launching a wine brand, Gore Vineyards, with her husband, Tom Gore.

"I was just really miserable at the end of the day," Gore remembers. "I started turning back

to cannabis to help me sleep, because if I could get a good night's sleep, I realized I was a lot better person."

Working in the wine industry, she was also exhausted by alcohol, she says, so she began experimenting with cannabis as a lifestyle product.

"I just needed a little bit to take the edge off of my hard day or conference call or getting ready for the birthday party the next day — all the things we deal with as professional women," explains the 34-year-old.

Over "high holiday" baking parties with friends, she realized most of the women she knew were struggling with these same issues of work-life balance. Could cannabis relieve the insane pressure on women to "have it all"?

In 2016, Gore launched The Garden Society, a medical cannabis company specializing in low dose edibles for women. Together with Michelin-starred chefs and a medical advisor, the entrepreneur and her team create confections for sale at dispensaries and through delivery services in California, in

accordance with state medical marijuana laws. They also partner with brands to host dinner parties and recently participated in a wedding expo for brides interested in cannabis confections at their reception.

Why edibles? Gore says the women she surveyed said they felt more comfortable with consuming cannabis in a more discreet form — rather than have their kid catch them smoking a joint, as she put it. Keeping the dosage low is a priority for Gore, because so many newbies to the drug take it in too high quantities — and if you've ever eaten a weed brownie and not been able to move for multiple hours, you get it.

Each product sources strain-specific cannabis to target a specific ailment. Bright Blooms, fruit and herb gelee cubes baked with a hybrid Sativa plant, help provide "a mindful moment of focus," while milk chocolate candy Bliss Blossoms use a mellow Indica hybrid, with a 1:1 THC to CBD serve as a relaxant and a sleep aid. "If dosed correctly, our products will provide a pleasant and mild effect,"

says Gore. "We are looking to help women with busy lives take a moment to step away from those daily stressors."

Gore's plans to expand the company's offerings depend upon the upcoming law: While recreational use of cannabis has been legal in California since Prop 64 passed last November, allowing residents to possess, consume and even grow the plant, it won't be approved for commercial sale until 2018. "We really believe in the wellness benefits of this plant," Gore says. "We're just really excited for the possibilities for introducing cannabis to the broader adult population as these regulations roll out next year."

Using cannabis for wellness

To understand the health benefits of cannabis, you have to first understand the plant. Of its more than 100 chemical receptors, known as cannabinoids, tetrahydrocannabinol, or THC, is the only one that's psychoactive, aka, gets you high. The second best-known is called cannabidiol, or

New research on cannabis and opioids

HelloMD teamed up with UC Berkeley to conduct a landmark study on cannabis as a substitute for opioids. Published in June in the journal Cannabis and Cannabinoid Research, the study culled survey data from over 3,000 HelloMD patients on how using cannabis affected their opioid use. Among the key findings: 97 percent of patients said that "strongly agreed/agreed" that they could decrease their opioid use when using cannabis," 92 percent said they preferred it over opiates to treat their condition and 81 percent agreed that "cannabis by itself was more effective than taking cannabis with opioids."

CBD, which is non-psychoactive and can treat a number of conditions, from anxiety to epilepsy to chronic pain.

Pamela Hadfield is the co-founder of HelloMD, the largest digital platform for medical cannabis. Hadfield, who had worked in startups for years, was inspired to launch HelloMD after

experiencing how cannabis relieved her struggles with chronic migraines.

Hadfield says she constantly popped vicodin to deal with her symptoms. Three years ago, the San Francisco resident began taking cannabis three times daily in the form of a high CBD, low-THC ratio tincture, and hasn't had a migraine since.

She and her husband, Mark Hadfield, launched HelloMD in 2014 to help others find relief for their own conditions through cannabis. The service, currently available in California and as of July, New York, connects patients with doctors via live video chat, in which they can privately discuss their medical condition and why cannabis might be an option for them. Patients can then get recommended for a medical marijuana ID card and bring it to a doctor who's licensed to prescribe it.

"I don't think of [cannabis] as medical and I don't think of it as recreational," says Hadfield. "I think about my own story of, how did I get to a point of health and wellness? We feel like we can help people get on that path."

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Don't forget to put sunscreen on your eyelids



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Though often overlooked when we're slathering on the sunscreen, the skin around the eyelids is the thinnest on the body, making it particularly at risk for skin cancer. **ISTOCK**

For most of us in the Northeast, summertime means longer days and more exposure to the sun. Aside from burning the skin, too much exposure to ultraviolet radiation from the sun (and from some artificial sources) can lead to a number of skin cancers. We've long been advised to use sunblock daily on our faces (all year) and to take care of any other skin that's exposed to the sun for any length of time. But few of us think of how the sun affects our eyes and the

skin that protects them. According to the American Society of Ophthalmic Plastic and Reconstructive Surgery, while the eyelids are small, they are the thinnest skin on our bodies, which leaves them particularly at risk. We talked with Dr. Harsha Reddy, ophthalmic plastic surgeon at the New York Eye and Ear Infirmary of Mount Sinai to find out more.

How common is eyelid cancer?

Eyelid cancer is much

more common than most people think. While we don't know the exact number of skin cancers affecting the eyelids, we know that the most common types of skin cancer — basal-cell carcinoma, squamous cell carcinoma, and melanoma — affect over 5 million people in the U.S. every year. The number of reported cancers is rising partly due to better detection but also because Americans are living longer and enjoying more active lives outdoors.

Why are eyelids vulnerable to cancer?

The eyelids are at risk for cancer because unlike other parts of the body, the face is usually uncovered and exposed to the sun's harmful ultraviolet (UV) rays. Many people do not apply sunblock to the eyelid skin out of concern that it will get into their eyes. In addition, the eyelids have specialized glands and other structures that can develop particular types of cancers unrelated to sun damage—such tumors can

mimic benign conditions such as styes or cysts.

What can be done to prevent it?

Sun protection, including UV-filtering sunglasses, sunblock and wide-brimmed hats are the best prevention against the most common types of skin cancers. It is important to use sun protection even on partly cloudy days because there is still UV radiation that can damage the eyelids. Regular eye exams can detect early skin cancers

or precancerous lesions.

What are the risk factors?

Light-colored skin, older age, and time spent in the sun are the major risk factors for most eyelid cancers. In addition, patients who have undergone radiation, are immunosuppressed or have certain genetic conditions are at higher risk.

What are the symptoms?

Any new eyelid lesion or change in an eyelid lesion can be a symptom of eyelid cancer and should be evaluated by an ophthalmologist or oculoplastic surgeon. Some worrisome features of an eyelid lesion include ulceration, increase in size, change in pigment, or loss of eyelashes.

How is it treated?

Different eyelid cancers have different treatments, and a biopsy is often the first step to making the correct diagnosis and treatment plan. Many patients need surgery, although some need radiation treatment or even chemotherapy. Treatment is very important because untreated tumors can spread to the eyeball and result in decreased vision or even blindness. Tumors detected early can be treated more easily and effectively than those discovered at a later stage.

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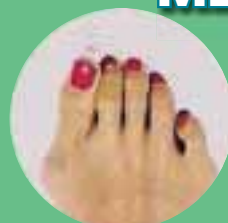


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Amed Rosario ushering in a new kind of hope for Mets

OPINION



MARC MALUSIS
@marcmalusis

The Amed Rosario era has begun for the New York Mets and the initial returns are quite good. You have all the signs that he will continue to develop into the impact player that the Mets organization believes he can be. He is athletic, fast and the footwork and arm strength that he has shown from the shortstop position can be deemed downright special.

He should signify what should be some wholesale changes for the Mets this offseason as they will try and put a disappointing 2017 in the rearview mirror while getting back to their goal of postseason baseball and maybe even winning a World Series.

They certainly have to hope that 2018 will be a better year in terms of health. It is not just the amount of injuries that the Mets suffered, but they all seemed to hit significant players at the absolute wrong time.

Maybe they have to go back to the drawing board in terms of how their players train during the year or maybe they just have a wealth of players who have a penchant for getting hurt.

Yoenis Cespedes has already let it be known that he will train differently this offseason, hoping to make those nagging leg injuries a thing of the past. But as we know, injuries are not just a Mets problem, they are a league-wide problem.

General manager Sandy Alderson needs to look at his team this offseason and learn from the missteps taken over the past two seasons.



The Mets' promising young shortstop Amed Rosario is signalling a new era of Queens baseball. GETTY IMAGES

The Mets were "all in" this season and that should not change in 2018. But they need to get a little younger, a lot more athletic and better defensively moving forward.

Rosario is a start to improving the defense up the middle, but the

Mets need to find an everyday catcher who is good with the bat and does not struggle defensively.

If you continue to rely on starting rotation and they rightfully should, they need to get a lot better defensively. In order to bring a cham-

pionship to Queens for the first time since 1986, I still believe defense plays a large factor.

First-base prospect Dom Smith is reportedly a gold-glove caliber player. He should help the infield defense with Lucas Duda now playing baseball down in Tampa

for the Rays.

They need more power arms in the bullpen as well and I think that is why Alderson brought back three strong-armed relief prospects from the Boston Red Sox when sending off Addison Reed.

New York came into 2017 celebrated after having made the playoffs two-straight years with the expectations to finish the job in 2017. As we know, it did not work out that way and as the season progressed, we have witnessed the Yankees grab the city's attention once again.

The Mets have to understand that the clock is ticking on their starting rotation as Matt Harvey will be entering a contract year next season. The window to win is still open and the pressure is on Alderson like never before. It is not just about making the playoffs, it is about winning in October.

Who might be managing the Mets in 2018?



JOE PANTORNO
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The Mets' once-promising season was all but ended this weekend after getting smoked by a historically good Dodgers team.

While injuries have played a large part of the team's struggles, the coaching hasn't exactly been up to snuff.

Terry Collins hinted at the beginning of the season that 2017 could be his last year as manager. But it might not be up to him given the Mets' performance.

Regardless of how Collins departs, the Mets might be spending the offseason not only upgrading their roster but looking for a new man to run the clubhouse. Here are a few initial names that you might see on the team's shortlist:



CHIPHALE

Hale is just a year removed from being a manager at the major-league level. He went 148-176 with the Diamondbacks, including a dismal 69-win season in 2016.

The 52-year-old worked as the Mets' third-base coach from 2010-2011 and was a candidate to take over the managerial job after Jerry Manuel was fired.



DICKSCOTT

Scott has spent a majority of his professional baseball career working in the minors dating back to the early '90s. In 2013, he was hired by the

Mets as director of player development and made the jump to bench coach after Geren departed for Los Angeles. It was his first-ever job on a major-league staff.



BOBGEREN

Geren served as Mets bench coach under Collins from 2012-2015.

Due to family reasons, he took the same position with the Dodgers in 2016 and has been reaping the

benefits since as LA is the best team in baseball.

He served as the manager of the Athletics from 2007-2011, compiling a 334-376 record without recording a winning season.

Flowers banking on improved 2017

Big Blue's left tackle, who has struggled in his first two years in the league, is placing some big expectations on his own shoulders.



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Ereck Flowers has been tagged as a bust over the first two years of his NFL career, the former first-round pick having certainly had some struggles as the New York Giants' starting left tackle.

However, Flowers is looking to shed that label forever this year.

And his offseason work could be paving the way for exactly that to happen.

After two rocky years in the league, Flowers is hopeful that his third season in the NFL will



New York Giants offensive tackle Ereck Flowers needs to improve his game in order to save his job. GETTY IMAGES

tell a different story. He's had a good offseason and came into training camp with a reshaped body and the hope to finally solidify the outlook that made the Giants select

him in the first round two years ago.

"I see myself improving every day out here at camp," Flowers said on Saturday. "First I started off a little bit and now I

see me getting a lot better every day."

He was taken No. 9 overall in the 2015 NFL draft after being an All-ACC pick the season before at Miami.

Flowers will be counted on to help stabilize a Giants offensive line that was bottom-third in the league a season ago in a number of categories.

If quarterback Eli Manning has time in the pocket, the Giants have a number of weapons on offense that could make them become one of the best units in the league. This, of course, depends on if Manning is kept healthy and upright.

Flowers said he has spent this offseason and training camp working on his hand speed, something he hopes will translate to a better year in 2017.

"Oh, that's important, too," Flowers said of his improved hand speed. "They are all important, trying to get them to work together. This is the first time we are wearing pads in months, so every day it's getting better and feeling more comfortable."

METRO QUICK HIT

Jets lose top receiver Enunwa

The New York Jets' offense suffered a massive blow on Monday as top wide receiver Quincy Enunwa went down with a season-ending neck injury.

The 25-year-old emerged as a reliable receiver last season, his third in the NFL. After being a seldom-used target in 2014-2015, Enunwa caught a career-best 58 passes for 857 yards and four touchdowns.

With Eric Decker in Tennessee and Brandon Marshall across the hall at MetLife Stadium with the Giants, Enunwa was expected to be the team's No. 1 receiver in 2017 and top target for a subpar quarterbacking situation that features Josh McCown, Christian Hackenberg and Bryce Petty.

Whoever wins the starting job will have an even more unproven group of pass catchers to throw to. At the moment, the Jets look like they will roll out Robby Anderson, Charone Peake and ArDarius Stewart as their starting wide receivers come Week 1.

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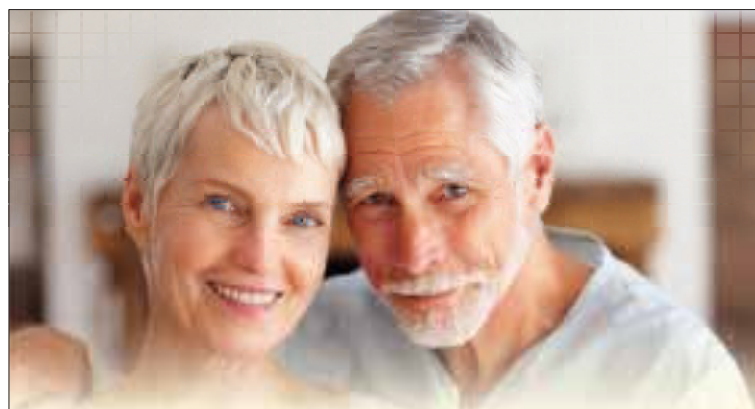
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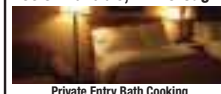
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of New York (SSNY)
on 06/23/2017. Office
location: New York County.
SSNY is designated as
agent of LLC upon whom
process against it may
be served. SSNY shall
mail process to the LLC
c/o Sam Sun Noh, 517
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lawful activity.

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SUPREME COURT:
QUEENS COUNTY
CITIBANK, N.A., AS TRUSTEE
FOR STRUCTURED ASSET
MORTGAGE INVESTMENTS
II TRUST 2007-AR5,
MORTGAGE PASS-THROUGH
CERTIFICATES, SERIES
2007-AR5; Plaintiff(s) vs.
FAITH ESIMAI; et al; Defendant(s)
Attorney (s) for Plaintiff (s):
ROSICKI, ROSICKI &
ASSOCIATES, P.C.,
2 Summit Court, Suite 301,
Fishkill, New York, 12524,
845.897.1600
Pursuant to judgment of
foreclosure and sale granted
herein on or about January 11,
2017, I will sell at Public
Auction to the highest bidder
at the QUEENS COUNTY
SUPREME COURT, located at
88-11 SUTPHIN BOULEVARD,
JAMAICA, NEW YORK, IN
COURTROOM #25.
On August 25, 2017 at 10:00 am.
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NY 11412
Block: 10945 Lot: 127
ALL that certain plot, piece or
parcel of land, situate, lying and
being in the Borough and County
of Queens, City and State of New
York. As more particularly described
in the judgment of foreclosure and
sale. Sold subject to all of the terms
and conditions contained in said
judgment and terms of sale.
Approximate amount of judgment
\$621,324.77 plus interest and costs.
INDEX NO. 14097/12
Arthur N. Terranova, Esq., Referee

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NOTICE IS HEREBY GIVEN
that a license, Number Pending,
for On Premises Liquor has been
applied for by the undersigned to
sell Beer, Liquor & Wine, at
retail in a Restaurant under the
Alcoholic Beverage Control Law
at 35 Cooper Square, New York,
NY 10003. New York County,
for on premises consumption.
Brudspace LLC d/b/a Pourt.

**SUPREME COURT
COUNTY OF QUEENS**
ARCEPE 1 LLC, Plaintiff
Against PAUL GUILLAUME,
et al Defendant(s).
Pursuant to a Judgment of
Foreclosure and Sale entered
on May 30, 2017, I, the
undersigned Referee will sell
at public auction at the Queens
County General Courthouse,
88-11 Sutphin Boulevard,
Court Room # 25, Jamaica,
N.Y. on the 18th day of August,
2017 at 10:00 a.m. premises
described as follows: All that
certain plot, piece or parcel of
land, with the buildings and
improvements thereon erected,
situate, lying and being in the
Borough and County of Queens,
City and State of New York. Said
premises known as 107-42 166th
Street, Jamaica, N.Y. 11433.
(Block: 10169, Lot: 100)
Approximate amount of lien
\$ 885,111.25 plus interest
and costs. Premises will be
sold subject to provisions of
filed judgment and terms of
sale. Index No. 19167/08.
Dominic L. Chiariello, Esq.,
Referee.
Fein, Such & Crane, LLP
Attorney(s) for Plaintiff
28 East Main Street
Rochester, N.Y. 14614
(585) 232-7400

NOTICE IS HEREBY GIVEN
that a license, Number TBD,
for Liquor has been applied for by
the undersigned to sell Beer, Wine
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consumption. Chipotle Mexican
Grill of Colorado, LLC.

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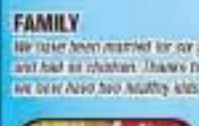
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- 14 Valhalla host
- 15 Trojan War cause
- 16 Mayberry kid
- 17 Earthenware jar
- 18 Ticket info
- 19 Room price
- 20 Vendors
- 22 Classified
- 24 Clean the pots
- 25 Fizzy drinks
- 26 Cook over charcoal
- 28 Nap
- 32 Words from Scrooge
- 35 Beery or Webster
- 37 Low scores
- 38 -- of Base
- 39 Shake
- 41 Famous mummy
- 42 Shoplifter
- 44 Senor's son
- 45 Early movie vamp
- 46 Recluse
- 48 -- Lee Masters
- 50 Pipe wood
- 52 Put in office
- 55 Used tire
- 58 NFL player
- 60 Length x width
- 61 Punjab potestate

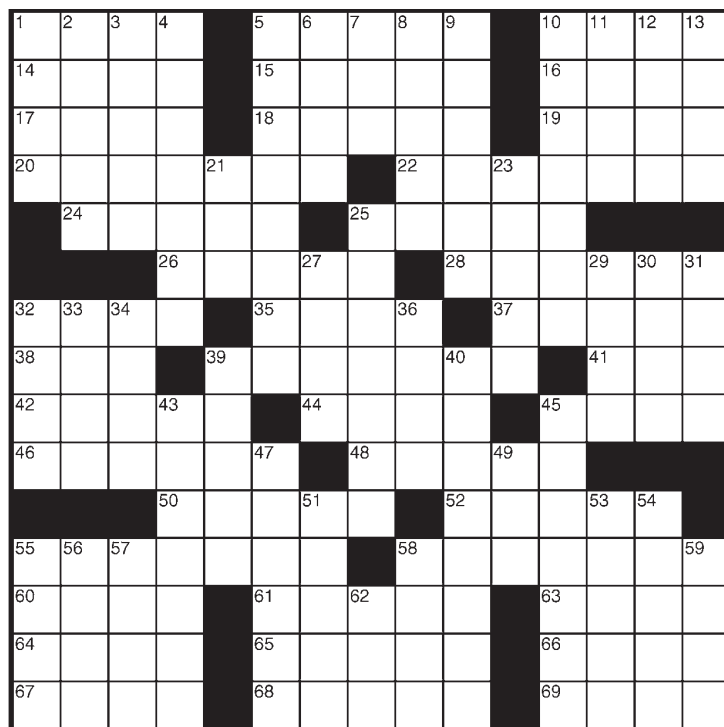
- 63 Cupola
- 64 Catchall abbreviation
- 65 Banded quartz
- 66 Cable channel
- 67 Football's -- Rozelle
- 68 Garment maker
- 69 Marsh grass

Down

- 1 Not bad
- 2 Doesn't do much
- 3 Purple hue
- 4 Similar things
- 5 Blackening
- 6 Garlands
- 7 Hirt and Gore
- 8 String quartet member
- 9 Prepares dough
- 10 Read palms
- 11 Silica mineral
- 12 Seize with the teeth
- 13 Bird food

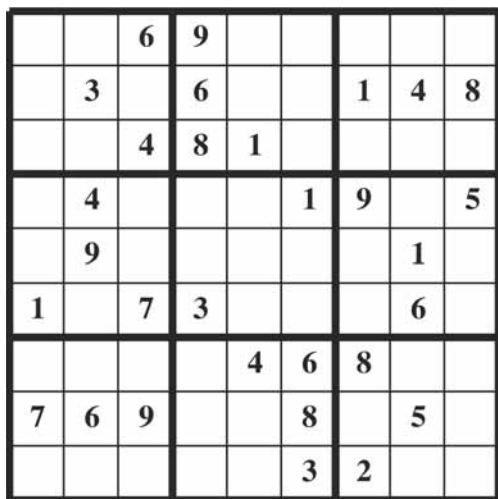
- 21 Setting of Swed. and Switz.
- 23 Pool-table surface
- 25 Grayer
- 27 Kind of chop
- 29 Mlle. in Barcelona
- 30 -- de France
- 31 Film terrier
- 32 Hot soak
- 33 Yearn for
- 34 Beneficiary
- 36 Farm worker
- 39 Eager
- 40 As one
- 43 Warm greeting
- 45 Animal raiser
- 47 Coronets
- 49 Yeasty brew
- 51 "Haste makes waste," e.g.
- 53 Lock up
- 54 City near Phoenix
- 55 Boat runway
- 56 Cleveland's lake
- 57 Put a toe in the water
- 58 Overfeed
- 59 Split in two
- 62 Talk, talk, talk

metro.us/crossword

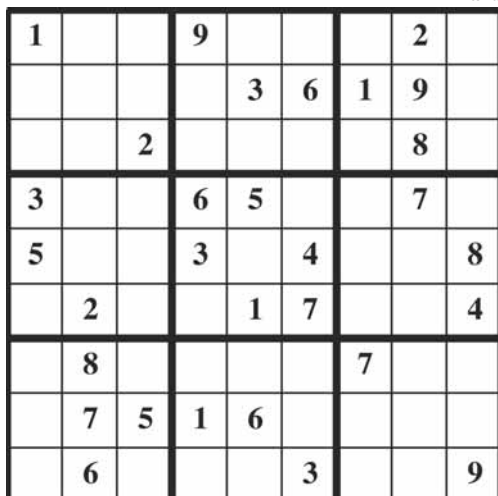


metro.us/sudoku

easy



hard



metro.us/horoscopes



Aries Take part in activities that allow you to show off your skills. A physical, mental and emotional challenge will help build your confidence, strength and courage.



Taurus Don't sign up for something that will add to your stress. Doing something that is creative or helpful should be your priority. Personal changes look promising.



Gemini Stick to what you know and do best. Don't be led astray by someone's compliments and manipulative ways. Be selective about personal acquaintances.



Cancer Your charm will help you convince others to do things your way. Positive changes at home will encourage family gatherings. Love and romance are in the stars.



Leo A partnership looks promising. Look at a proposal carefully and negotiate the changes you want to see put in place. A challenge will inspire you to do more.



Virgo A vocational change can be made if you do some required paperwork to follow your dream. Home improvements will give your assets a boost.



Libra Learn from your mistakes and aim to do something that makes a difference to you and others. Don't let anyone bully you into something you don't want to do.



Scorpio Make a change that will improve your standard of living or occupation. Think twice before you take on something that you know little about.



Sagittarius You can make a difference if you pick up additional qualifications or experience required to be in a position of control or authority. Personal growth are favored.



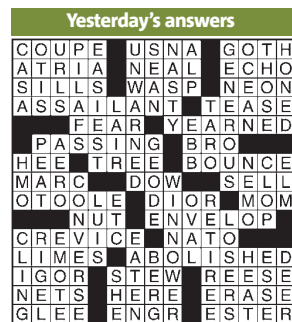
Capricorn Use your ingenuity when it comes to handling financial affairs. A diverse approach to using your skills will attract someone who complements your talents.



Aquarius Be aware of what others want. Refuse to let anyone manipulate you into something that could jeopardize your chance to do your own thing.



Pisces Discuss matters of concern with someone who will be affected by your decisions. Building a brighter future with a loved one should be your priority. **EUGENIA LAST**



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